

## **Marinades**

### **Sex on the Grill**

15 oz. Peanut Oil  
15 oz. Soy Sauce  
32 oz. bottle of 7up (no substitutions!)  
2T. lemon juice  
1T. horseradish sauce (I steal the little pkts from Arbys!)  
1 tsp. garlic salt

Blend in small amounts in blender. Marinate chicken or beef overnight. cook on an outdoor grill.

### **Grilled Salmon Fillets with Creamy Horseradish Sauce**

Sauce:

3/4 cup sour cream  
1/4 cup mayonnaise  
2 tablespoons prepared white horseradish  
2 tablespoons chopped fresh basil  
1 tablespoon fresh lemon juice  
1 teaspoon soy sauce

Salmon:

Nonstick vegetable oil spray  
3 tablespoons vegetable oil  
1 tablespoon prepared white horseradish  
1 tablespoon soy sauce  
1 small garlic clove, minced  
1/2 teaspoon salt  
1/4 teaspoon coarsely ground black pepper  
6 (1-inch-thick) salmon fillets (each about 6 ounces)

**For sauce:** Mix all ingredients in small bowl. Season with salt and pepper. (Can be made 1 day ahead. Cover and chill.)

**For salmon:** Spray grill rack generously with nonstick spray. Prepare barbecue (medium-high heat). Whisk oil, horseradish, soy sauce, garlic, salt, and pepper in another small bowl. Brush oil mixture over both sides of salmon fillets. Grill salmon just until opaque in center, about 4 minutes per side. Transfer salmon to plates. Serve with sauce.

### **Modern Jerky**

2 lb Round steak; 1" thick  
1/2 c Worcestershire sauce  
1 tsp salt  
-pepper to taste  
2 tbs Parsley flakes  
1/4 tsp Garlic powder; optional

Note: Chili powder, barbeque salt, paprika, horseradish, and onion salt or flakes may also be used in the marinade. (Or any ideas of your own). Slice steak into 1/2 inch wide strips and place in a single layer in a pan or baking dish. Mix other ingredients and pour over meat. Marinate in refrigerator overnight. Remove and place meat carefully on cookie sheet. Dry in 175~ oven for one hour and then reduce temperature to 150~. Continue baking strips in the low oven until dry, but pliable, one to three hours. Cool jerky and store in tightly sealed containers.

### **Home Style Jerky**

1 lb Round steak, cut in strips 4"x1/8 " thick  
1/4 c low sodium Soy sauce  
1 tbs Worcestershire sauce  
1/2 tsp Onion powder  
1/2 tsp Garlic powder  
1/2 tsp Black pepper  
3/4 tsp Hot sauce  
1/2 tsp Hickory salt

Slice round steak, cut in strips about 4 in. long and 1/8 in. thick. (The slicing is easier if the steak is partially frozen.) Combine all the ingredients and marinate in the fridge for at least 8 hrs, mixing occasionally. Then skewer the marinated strips on bamboo skewers or toothpicks and hang the strips in the oven with a pan below to catch the drippings. Set the oven on it's lowest setting (100-150 F) and use something to keep the door ajar. The jerky should be dry after 8-10 hours.

### **Venison or Beef Jerky**

1 ½ lbs trimmed & thinly sliced venison  
¼ c soy sauce  
1 T Worcestershire Sauce  
1 T A-1 Steak Sauce  
½ tsp black pepper  
½ tsp garlic powder  
½ tsp onion powder  
½ tsp salt  
1 tsp Liquid Smoke

Mix together the ingredients except for the venison. When it is mixed well, add the venison and let it marinate in the sauce for at least 24 hours. (To marinate, lay the strips in a pan and pour some marinade over the first layer until it is just covered. Add another layer of meat and more sauce. Continue until all of the meat is layered and covered. After 24 hours lay the meat on oven racks. Place foil on the bottom of the oven. Dry in a 150 degree oven with the door ajar for 6-8 hours, or until it is a dry as you want. \*If you have a food dehydrator, you may choose to use it, instead of your oven.

\*Beef can be substituted for venison to make terrific beef jerky!

### **Hawaiian Jerky**

1 lb Lean meat, thinly sliced  
1 tsp Salt  
1 tsp Ground ginger  
1 tbs Brown sugar  
1/4 tsp Pepper  
1/8 tsp Cayenne pepper  
1 Crushed garlic clove  
1/4 c Pineapple juice  
1/4 c Soy sauce

General jerky method: All recipes use 1 lb lean meat, thinly sliced. (3/16-1/4 in thick) In a small glass bowl, combine all ingredients except meat. Stir to mix well.

Place meat 3-4 layers deep in a container, spooning sauce mixture over each layer. Cover tightly and marinate 6-12 hours in the 'fridge, stirring occasionally and keeping the mixture covered. Layout on trays, 24 to 36 hours in dehydrator.

I used a couple of cans of pineapple chunks with the juice in the marinated. Just dehydrated them with the meat. Very interesting.

### **Beef Jerky Dehydrator**

1 lb. round steak  
4 tbsp. soy sauce  
4 tbsp. Worcestershire  
1 tbsp. ketchup  
1/4 tsp. pepper  
1/4 tsp. garlic powder  
1/4 tsp. onion salt  
1/2 tsp. salt

Remove all fat from the meat and place in freezer. When it is semi-frozen, cut it into 3/8 to 1/4 inch strips. Meat cut against the grain will be tender and break easily, meat cut with the grain will be chewy. Marinate in the above sauce for at least 1 hour. Drain in a colander and place on dehydrator trays. Do not overlap the meat and turn once while drying. Dry at 145 degrees for 8-10 hours. It is ready when it bends like a willow without breaking. Store in refrigerator.

### **Pillow Case Jerky**

1 lg Boneless Butt Roast  
-Salt And Pepper

Get as large a Boneless Butt as you can. Cut the individual muscles out of the meat and cut off and discard all the fat and connecting tissue. Cut the meat across the grain as thin as possible. 1/16 to 1/8th of an inch. The thinner the slices, the easier it will be to dry. Salt and pepper the meat generously on both sides, using more pepper than salt. Lay out the meat strips on a cake or oven rack without overlapping them. Set the rack in an insert fireplace and cook on low heat for 8 to 10 hours, turning every 3 to 4 hours, until dried. You can do the same with a dehydrator or oven, but it won't turn out as good. After it's done, store in a pillowcase. Don't STORE it in plastic, as the meat has to be able to breathe, and a paper sack will leave a paper taste.

### **Barbecued Beef Jerky**

1 1/2 lb Flank or lean top round steak; trimmed of all fat and connective tissue  
1/2 c Catsup  
1/3 c Red wine vinegar  
1/4 c Brown sugar; firmly packed  
1 1/2 tsp Dry mustard  
1 1/2 tsp Onion powder  
1 tsp Salt  
1/2 tsp Garlic powder  
1/4 tsp Ground red pepper (cayenne)  
Vegetable cooking spray

Freeze meat until firm but not hard; then cut into 1/8- to 1/4-inch-thick slices.

In a medium-size glass, stoneware, plastic, or stainless steel bowl, combine catsup, vinegar, sugar, mustard, onion powder, salt, garlic powder, and red pepper. Stir to dissolve seasonings. Add meat and mix until all surfaces are thoroughly coated. Cover tightly and refrigerate for at least 6 hours or until next day, stirring occasionally; recover tightly after stirring. Dry and cure.

### **Smoked Turkey Jerky**

1/2 c Soy sauce; can use light  
4 tbs Sugar  
2 tsp Fresh ginger; grated  
1 Clove garlic; minced  
1 tbs Liquid smoke  
2 lb Cooked turkey; sliced paper thin (turkey thighs or breasts are best)

Mix marinade ingredients together in a bowl. Dip meat slices into marinade. Place dipped meat in layers in a bowl or dish. Pour remaining marinade sauce over meat. Cover tightly and let marinate in refrigerator for 6 to 12 hours. Rotate layers of meat occasionally.

Place in dehydrator until dry. While meat is drying, blot excess oil with paper towel.

### **Blue Ribbon Jerky**

1/2 cup dark soy sauce  
2 tbsp Worcestershire sauce  
1 tsp MSG (optional)  
1/2 tsp onion powder  
1/2 tsp garlic powder  
1/4 tsp powdered ginger  
1/4 tsp Chinese five-spice powder  
3 pounds lean beef brisket, eye of round or flank steak

Trim meat completely of fat and cut across grain into slices 1/8 inch thick. To aid in slicing meat thinly, freeze until ice crystals are formed.

Blend all ingredients except meat in small bowl. Dip each piece of meat into marinade, coating well. Place in shallow dish. Pour remaining marinade over top, cover and refrigerate overnight.

Oven method: Preheat oven to lowest setting (preferably 110 degrees F). Place several layers of paper towels on baking sheets. Arrange meat in single layer on prepared sheets and cover with additional toweling. Flatten meat with rolling pin. Discard towels and set meat directly on oven racks. Let dry 8 to 12 hours (depending on temperature of oven).

Dehydrator method: Arrange meat on trays in single layer and dehydrate 10 to 12 hours, depending on thickness.

Store jerky in plastic bags or in tightly covered containers in cool, dry area.

### **Turkey Jerky**

1 pound turkey meat, sliced thin  
2 tbsp liquid smoke  
3 tbsp soy sauce  
10 dashes Tabasco sauce  
1/3 cup Worcestershire sauce  
1-1/2 tsp hickory seasoning liquid  
1 tbsp onion salt

Mix all ingredients together in a marinade dish. Mix together and add strips of turkey or beef into marinade. Marinate for 8-24 hours, depending upon how often you shake mixture and how flavorful you want it.

Take strips out of marinade and lightly dampen with towel to dry off excess liquid. Place in dehydrator or on sheets for oven. Dehydrate till jerky is tough/crisp. Time varies based on method of dehydration so use your best judgment (12-36 hours). Add extra Tabasco for more spicy flavor.

### **Brined Jerky**

5 pounds lean meat  
1 cup curing salt  
1/2 cup brown sugar or molasses  
1 tsp liquid garlic  
4 tbsp black pepper  
2 quart water

Remove all fat and membrane from the meat. Combine the rest of the ingredients. Soak the meat in the solution (brining the meat) for 8 to 10 hours. Remove meat and rinse thoroughly. Pat dry with paper towels to remove excess moisture.

Let stand to air-dry for an hour or so. Then rub in the seasonings of your choice, such as onion salt, garlic salt, pepper or a prepared seasoning mix from the spice department at the market. Smoke meat for 8 to 12 hours or until ready. Test the meat by twisting a strip of meat. It should be flexible but stiff like a piece of rope. Remove and let stand until cool and completely dry. Store in an airtight container.

### **Ben's Grilled Chicken Marinade**

1 medium bottle of soy sauce  
1/4 cup of sesame seed oil  
1/4 cup of oyster sauce  
2 tablespoons of garlic powder  
1 tablespoon of Accent seasoning

Prepare prior to departing. Soak your favorite chicken pieces on the way to your hideaway in a sealable container. Grill chicken until tender and brush occasionally with the mixture. This is so good you'll wonder why it isn't sold nationally.

### **Marinade for Shish Kabobs**

2 tbsp. sugar  
2 tbsp. salad oil  
1/3 cup soy sauce  
2 lbs. meat  
Seasonings: garlic, onion, black pepper

Season meat. Roll in sugar and oil mixture. Soak in soy sauce all day or night. Thread on skewers. Grill

### **Cajun Shrimp Marinade**

1/2 c. vegetable oil  
1/4 c. soy sauce  
1 tsp. freshly grated lemon peel

1/4 c. fresh lemon juice  
1/4 c. fresh parsley  
2 tbsp. each Worcestershire sauce and  
red wine vinegar  
1 tbsp. dry mustard  
1/2 tbsp. paprika  
1/2 tbsp. minced garlic  
1/4 tsp. ground red pepper

Marinate raw peeled and de-veined shrimp for 1/2 hour. Thread shrimp on skewers and grill. Reserve marinade for dipping.

### **Flank Steak Marinade**

2 tsp. unseasoned tenderizer  
2 tbsp. dry sherry  
1 tbsp. sugar  
2 tbsp. soy sauce  
1 tbsp. honey  
1 tsp. salt

Mix all of the above together. Marinate meat for 1 hour before cooking on the barbecue. Grill 10 minutes on each side. Cut diagonally to serve.

### **Ginger Marinade**

6 tablespoons lime juice  
3 tablespoons honey  
2 tablespoons rice wine vinegar  
2 tablespoons olive oil  
1 1/2 teaspoons chopped cilantro  
1 teaspoon grated ginger root  
1/4 teaspoon red pepper flakes

Whisk all ingredients until combined.

### **Garlic Steak Marinade**

1 London Broil  
1 clove garlic, crushed  
1 sm. onion, chopped  
1 sm. bottle Lea Perrin steak sauce  
1/2 c. lemon juice  
1/2 c. vegetable oil

Mix garlic, onion, steak sauce, lemon juice and vegetable oil. Marinate London Broil overnight and grill.

### **Red Wine Chicken Marinade**

2 cups dry red wine  
1 bunch scallions, sliced  
1 clove garlic, minced  
1/2 cup olive oil  
1/4 cup soy or teriyaki sauce  
2 tablespoons dark brown sugar  
1 teaspoon grated fresh ginger  
1 tablespoon Worcestershire sauce

Mix together, Use as is for marinade or boil for 10 minutes and use as a basting sauce.

### **Marinade for Chuck Roast**

1/3 c. wine vinegar  
1/4 c. ketchup  
2 tbsp. oil  
2 tbsp. soy sauce  
1 tbsp. Worcestershire sauce  
1 tsp. mustard  
1 tsp. salt  
1/4 tsp. pepper  
1/4 tsp. garlic powder

Mix all ingredients and place meat in. Turning whenever you think about it. Let marinate at least 24 hours, then put on hot grill and barbeque until rare to well done. Whatever you like. This is great for any type of red meat.

### **Barbecue Marinade**

1 small onion, finely chopped  
1 tablespoon oil  
1 tablespoon clear honey  
3 tablespoons tomato ketchup  
2 tablespoons soy sauce  
1 teaspoon smooth French mustard

Mix all together and marinate meat for 12 hours or more.

### **Honey Mustard Marinade**

1 cup Dijon mustard  
1 cup dry white wine  
3/4 cup olive oil  
1/4 cup honey  
1 clove garlic, minced  
2 tablespoons soy sauce

Mix all ingredients.

### **Pork Chop Marinade**

1 c. soy sauce  
1/4 c. honey  
1 clove garlic  
1/2 tsp. ginger

Marinate overnight. Makes enough to grill 12 pork chops. Also good for chicken.

### **Lemon Pepper Marinade**

2/3 cup lemon juice  
6 tablespoons water  
2 teaspoons chicken bouillon granules  
2 cloves garlic, minced  
1 teaspoon pepper

Combine all ingredients. Mix well. Makes about 2/3 cup.

### **Sweet and Sour Marinade for Grilled Beef, Chicken or Turkey**

1 can (8 1/4 oz.) crushed pineapple, undrained  
1 med. onion, cut into slices and separated into rings  
1/2 c. vinegar  
1/2 c. molasses  
1/4 c. soy sauce  
1 clove garlic, crushed  
1/2 tsp. ground ginger

1/4 tsp. red pepper sauce

Mix all ingredients (makes 2 1/2 cups marinade). Marinate meat in a covered non-metal dish or sealed plastic bag in the refrigerator at least 4 hours. Cover and grill 5-6 inches from medium coals for 20-30 minutes, turning and brushing with marinade 3 or 4 times, until done.

### **Citrus Pork Marinade**

1 cup salsa  
1/2 cup lime juice  
1/2 cup beer or water  
2 cloves garlic, minced  
1 tablespoon snipped cilantro  
1 1/2 teaspoons ground cumin  
1/4 teaspoon ground red pepper  
1/4 teaspoons black pepper

Combine ingredients, pour over pork and refrigerate for 3 to 4 hours before cooking. Enough for about 1 1/2 pounds.

### **Marinade for Venison**

1 c. oil  
1/4 c. vinegar  
1/4 c. lemon juice  
4 tbsp. Worcestershire sauce  
4 tbsp. soy sauce  
1 tbsp. parsley flakes  
4 tsp. dry mustard  
2 tsp. pepper  
1 tsp. garlic salt

Pour over deer steaks; soak for 6 to 8 hours, turning steaks at least once. Grill steaks 10 minutes on each side.

### **Salmon Teriyaki Marinade**

1/2 c. soy sauce  
1/2 c. water  
1 tbsp. oil  
2 tbsp. vinegar (malt)  
1 tbsp. brown sugar  
2 cloves garlic, chopped  
1 tbsp. Worcestershire sauce

Marinate at least 4 hours. Bake 45 minutes at 350 degrees or grill.

### **Coke Marinade**

12 ounce can Coca Cola  
1/2 cup orange juice  
onion powder  
garlic powder  
pepper  
salt  
paprika  
bay leaf

Mix Coca Cola and orange juice. Add seasonings to taste.

### **Marinated Steak**

1 steak of your choice  
1/2 cup dry Sherry or red wine  
1/2 cup soy sauce

2 tablespoons Cajun seasoning (optional)  
2 tablespoons minced garlic  
2 tablespoons brown sugar  
1 tablespoon tomato paste  
1 teaspoon freshly ground black pepper

Place the steak in a large, plastic re-sealable bag. In a 2-cup measuring cup combine the remaining ingredients. Pour the marinade mixture into the bag with the steak, seal and marinate in the refrigerator at least 4 hours and up to 12 hours in advance. Grill to desired doneness.

### **All Purpose Marinade**

3 cups dry white wine  
1/2 teaspoon cayenne pepper  
1 teaspoon onion powder  
1/2 cup soy sauce  
1/2 teaspoon garlic powder

Mix all ingredients together. Marinate the meat (beef, pork, chicken, or game) for 3 to 6 hours, then use the marinade as a basting sauce as the meat cooks on the grill. For Camping: Place meat and marinade in zipper bag, or vacuum seal. Freeze and take camping.